

CHAIR EXERCISE GROUP

COME AND JOIN OUR CHAIR EXERCISE GROUP

MEETING EVERY WEDNESDAY FROM THE 2ND OCT, FOR 12 WEEKS, AT 2.30PM

BLETCHLEY YOUTH CENTRE, DERWENT DRIVE, MK3 7BE

TO REGISTER FOR A PLACE CONTACT YOUR SURGERY VIA THE DETAILS BELOW



ZOE NEAL

**ZOE TEACHES ALL AGES BUT HAS
A PASSION FOR HELPING THOSE
WITH MOBILITY ISSUES**

BRIT. ASOC. FOR
CARDIOVASCULAR PREVENTION
& REHABILITATION - BACPR
SPECIALIST EXERCISE
INSTRUCTOR

LATER LIFE TRAINING - OTAGO -
STRENGTH & BALANCE

WITH A LIFETIME AWARD
CERTIFICATE IN FITNESS
INSTRUCTING/EXERCISE TO
MUSIC

ZOE MAKES EXERCISE FUN!

THE BENEFITS OF CHAIR EXERCISE

INCREASED FLEXIBILITY,
STRENGTH, CO-ORDINATION
AND CIRCULATION!



**WEAR COMFY CLOTHES
BRING A BOTTLE OF WATER
FREE PARKING
LIFT AVAILABLE**

**THIS IS AN IDEAL ACTIVITY
FOR ANYONE WHO IS FRAIL,
STRUGGLING WITH
MOBILITY & WANTING TO
IMPROVE THEIR FITNESS
WITHOUT GOING TO A GYM**



THE BLETCHLEY PATHFINDER PROJECT CONSISTS OF FIVE GP
PRACTICES BASED IN BLETCHLEY THAT ARE WORKING
TOGETHER WITH THE COUNCIL AND OTHER AGENCIES TO
BENEFIT THE LOCAL POPULATION

RED HOUSE - 01908 375111 / REDHOUSE@NHS.NET

WHADDON - BLMKICB.WHADDONHEALTHCARE@NHS.NET

BEDFORD ST - 01908 658850

PARKSIDE 01908 375341 / PARKSIDEHC@NHS.NET

WESTFIELD RD - 01908 377103

/WESTFIELDSURGERY@NHS.NET

